

Full Report (All Nutrients) 45142656, ROASTED / UNSALTED PEPITAS, UPC: 034952584660

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Report Date: July 09, 2017 15:46 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Eillien's Candies Inc.

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	170	567
Protein	g	--	--	9.00	30.00
Total lipid (fat)	g	--	--	15.00	50.00
Carbohydrate, by difference	g	--	--	4.00	13.33
Fiber, total dietary	g	--	--	2.0	6.7
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	20	67
Iron, Fe	mg	--	--	2.70	9.00
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.499	8.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

PUMPKIN KERNELS, COTTONSEED AND PEANUTS OILS. *Date Available:* 09/23/2016 *Date Last Updated by Company:* 09/23/2016